

# My Planned Care Information Platform

## Orthopaedics

### Carpal Tunnel Release

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#### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

#### Guidance for Patients

The Hand Surgery Team at the RUH are sorry about the delays in elective surgery during these challenging times.

Whilst you are waiting for your carpal tunnel surgery, a wrist splint can help relieve pain and will keep your wrist straight. It helps to relieve pressure on the nerve. You can buy wrist splints online or from pharmacies. You may choose to wear it at night while you sleep. You'll have to wear a splint for at least 4 weeks before it starts to feel better.

Painkillers like paracetamol or ibuprofen do not reliably help with carpal tunnel symptoms.

**If you experience an increase in pain, or a significant and permanent reduction in sensation, you should contact our department for review and advice.**

#### Well Being Service

While waiting for your procedure it is important to maintain a healthy lifestyle. Commissioned by NHS Bath and North East Somerset Community Health and Care Services, HCRG Care Group provide a wide range of support and assistance to help people living in Bath & North East Somerset to improve their health and wellness. PLEASE NOTE THAT FACE TO FACE DROP – INS ARE NOT CURRENTLY RUNNING.

Call: 0300 2470050

Website: [Wellbeing - Bath and North East Somerset Community Health and Care Services \(bathneshealthandcare.nhs.uk\)](https://www.bathneshealthandcare.nhs.uk)

**Slimming on Referral** – Referrals to Weight Watchers (WW) or Slimming World (SW).

### **Who is this service for?**

Individuals who are 16 years old and above and have one of the below:

- BMI 30 or more (BMI >27 for BME Patients)
- BMI 28 or more and one or more co-morbidities
- BMI equal to or greater than 98th centile on gender appropriate centile BMI charts, if aged 16 – 18 years
- People must not have attended and self-funded a slimming group or used online support (WW OR SW) within the last 3 months
- People must be committed to losing at least 5-10% of their body weight
- People must be committed to attending at least 10 out of the 12 sessions and committed to staying for the whole group session, not just the weigh in

To succeed on this programme, motivation and commitment is needed from patients to lose weight and maintain weight loss.

People who meet the eligibility criteria for the programme will be assessed for motivation using a patient motivation assessment questionnaire.

### **More about us**

The Slimming on Referral programme provides support for people to:

- Decide on a realistic healthy target weight
- Achieve a maximum weekly weight loss of 0.5 – 1 kg
- Focus on long term lifestyle changes
- Address both diet and activity and offer a variety of approaches
- Understand how to maintain a balanced, healthy eating approach to reduce calorie intake
- Offer practical and safe advice about being more active
- Address eating behaviour; by keeping a diary and advice on how to cope with “lapses and high risk situations”

**Stop Smoking Support** – Stop Smoking Service is a free confidential service offering support and advice to local smokers who either want to stop smoking or to cut down the amount they smoke. Call 0300 2470050 for advice and support.

**Food and Health Courses for Families** – This is a Healthy Lifestyle Service programme of courses that work with parents and carers to improve the diet of children and young people up to the age of 17 years old.

**Passport to Health** – The local exercise referral service for people who are inactive and have (or are at risk of developing) other long term medical conditions.

**Open Opportunities** – Is a community group for anyone who wants help to improve their mental and physical wellbeing. (External website).

**Live Well B&NES adults** – ‘Live Well B&NES adults’ is a free resource providing a range of information, signposting, resources and activities to support you, or the person you care for, to live a full and independent life. This may be a Care Home, social club, local care providers or services to help around the home.

## What should I do if my health is deteriorating?

### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

### GP surgeries are still open

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

### Contact Us

A dedicated e-mail address for My Planned Care enquiries:



## Document Control Information

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| Name of Committee/s (if applicable) | Date of Committee |
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